



# 3 D O O R S CONFESSION

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## Introduction

God wants us to be deeply connected to him and to His people. 1 John refers to this spiritual union as “fellowship.” Elsewhere, John uses an image of a vine and branches to visually describe the abiding connection between ourselves and God (John 15). Can you recall a time when you felt fully connected to God? Your life began to grow, didn't it? You grew more patient, more loving, and more faithful. Confession plays an important role in keeping our connecting with God and others healthy. As you move through this study guide, consider what role confession plays in your life.

## Discussion

Did you ever have to admit a mistake as a child? Do you remember what it was like to admit it to your parents/teacher/sibling? Did you hide it? Why?

What do you think of when you think about confession? Does it make you uneasy? Hopeful? Fearful? Assured?

Read 1 John 1:5-2:14 as a group. Spend a few minutes discussing what it means to live in the light or to live in the dark. What are some attitudes/characteristics of walking in the light? How about walking in the dark?

How are we in danger of deceiving ourselves (1:6,8,10, 2:4)?

Why is it tempting to lie about our sin? Or even to minimize our sin?

When we confess, what does God do (1:9)?

## Think About It

James 5:15 says “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.”

What's scary about admitting your struggles to others?

What healing takes place when you confess? How have you been healed by confession? How does confession keep our relationship with God and others healthy?

## Do Something

Do you need to open the door to confession? Start by admitting your sin to God. Remember, God has forgiven you (1 John 2:12).

Read 1 John 1:5-2:14 every day this week and memorize 1:9. As you become aware of sins or temptation, confess it immediately to God. What do you notice about your attitude toward others and God?